

SELF-CARE AND YOU

A tropical beach at sunset. The sky is a mix of deep blue and orange, with scattered clouds. The sun is low on the horizon, casting a golden glow over the water and the beach. Palm trees are silhouetted against the sky on the right side of the frame. The water is calm, and the beach is sandy.

NJ Hope and Healing/Mental Health Association
Lynda Hollander Laura Stypulkoski

Thank You For
Having Us

Safe



Open Space



CRISIS COUNSELING PROGRAM (CCP)

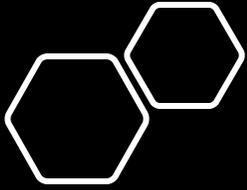
This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMHSA grant.



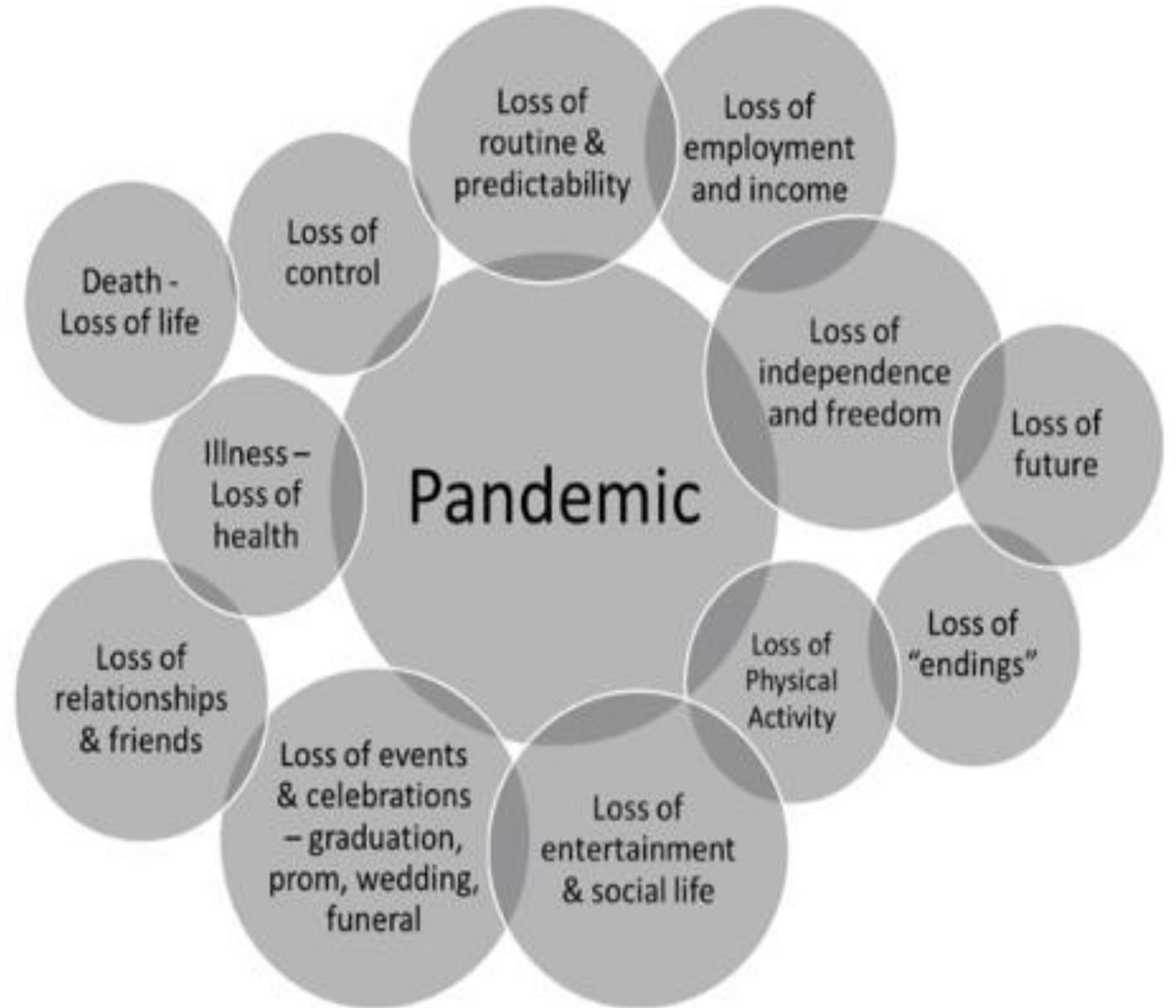
Let's check in...

***Can you share
one word for
how you are
feeling today?***





FEELING A LOSS OF CONTROL



WHAT I CAN CONTROL
VS
WHAT I CAN'T CONTROL

WHAT I CAN CONTROL:

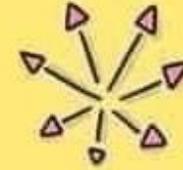
by
mellow
doodles
♡



How much news
I read & watch



How much
time I spend
on social media



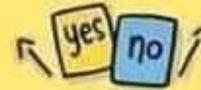
Where I direct
my energy



How I speak to
& treat other
people



How I choose
to self soothe



The decisions
I make



How I handle
my own feelings

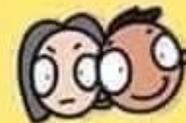


How I look
after myself

WHAT I CAN'T CONTROL:



How other
people behave



How other
people feel



other people's
thoughts & ideas



Other people's
decisions

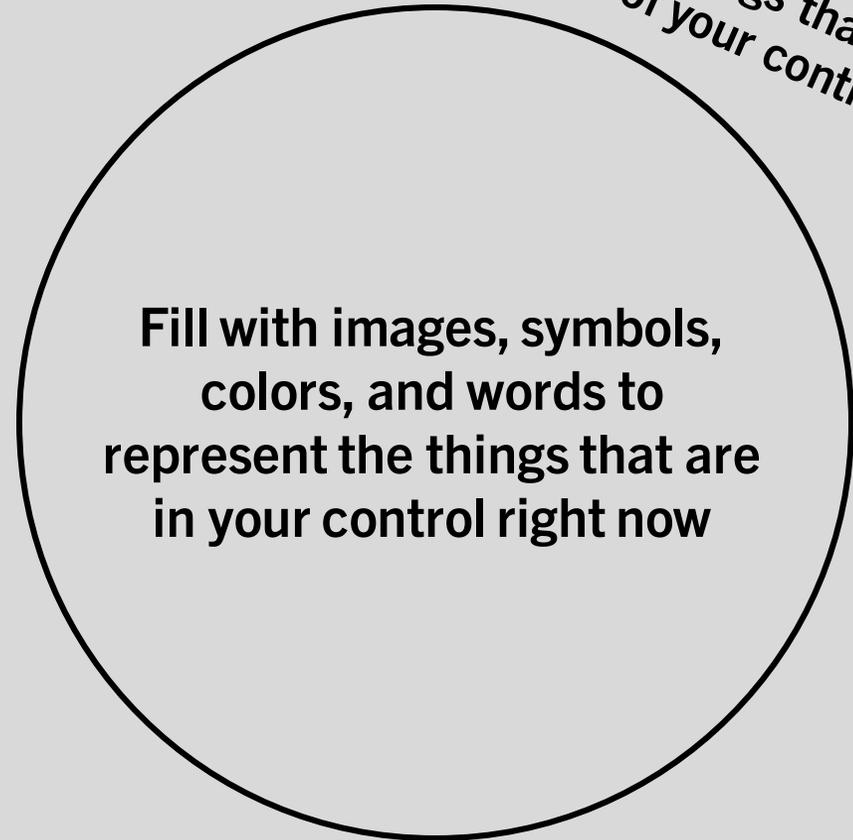


How are parents supposed to do it all—wear three or more hats simultaneously as employees, parents, and educators for their families?

Remember, it's okay if you drop a hat.

What is in Your Circle of Control?

- Draw or trace a large circle on your paper.
- Think about what is in your control and what is not.



Fill with images, symbols,
colors, and words to
represent the things that are
in your control right now

*Outside of circle: Use
images or words to
represent things that are
outside of your control*

IT IS OKAY TO FEEL HOW YOU ARE FEELING

It is normal to experience feelings of sadness, anger, frustration and anxiety.

Your feelings are valid!

It is also okay to sit with these emotions and communicate them.





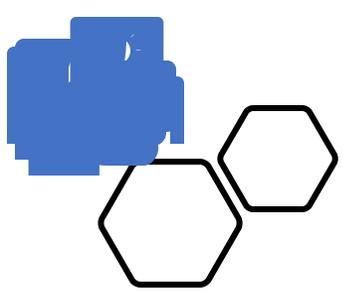
Carrying the Mental Load

- "Worry Work" or "Cognitive Labor"
- The invisible organization and planning it takes to keep a family running and/or job successful.

Carrying the Mental Load

- Emotional labor due to the immense mental energy it takes to:
 - track who needs what, and when
 - taking a constant family temperature to make sure everyone is happy, healthy, and provided for in the household
- The total sum of responsibilities that you take on to manage “the remembering of things”





Set Boundaries



Be mindful of what is in your control.



Be aware of your comfort level.



Respect other's choices, even if you do not agree with them.



Communicate boundaries effectively:

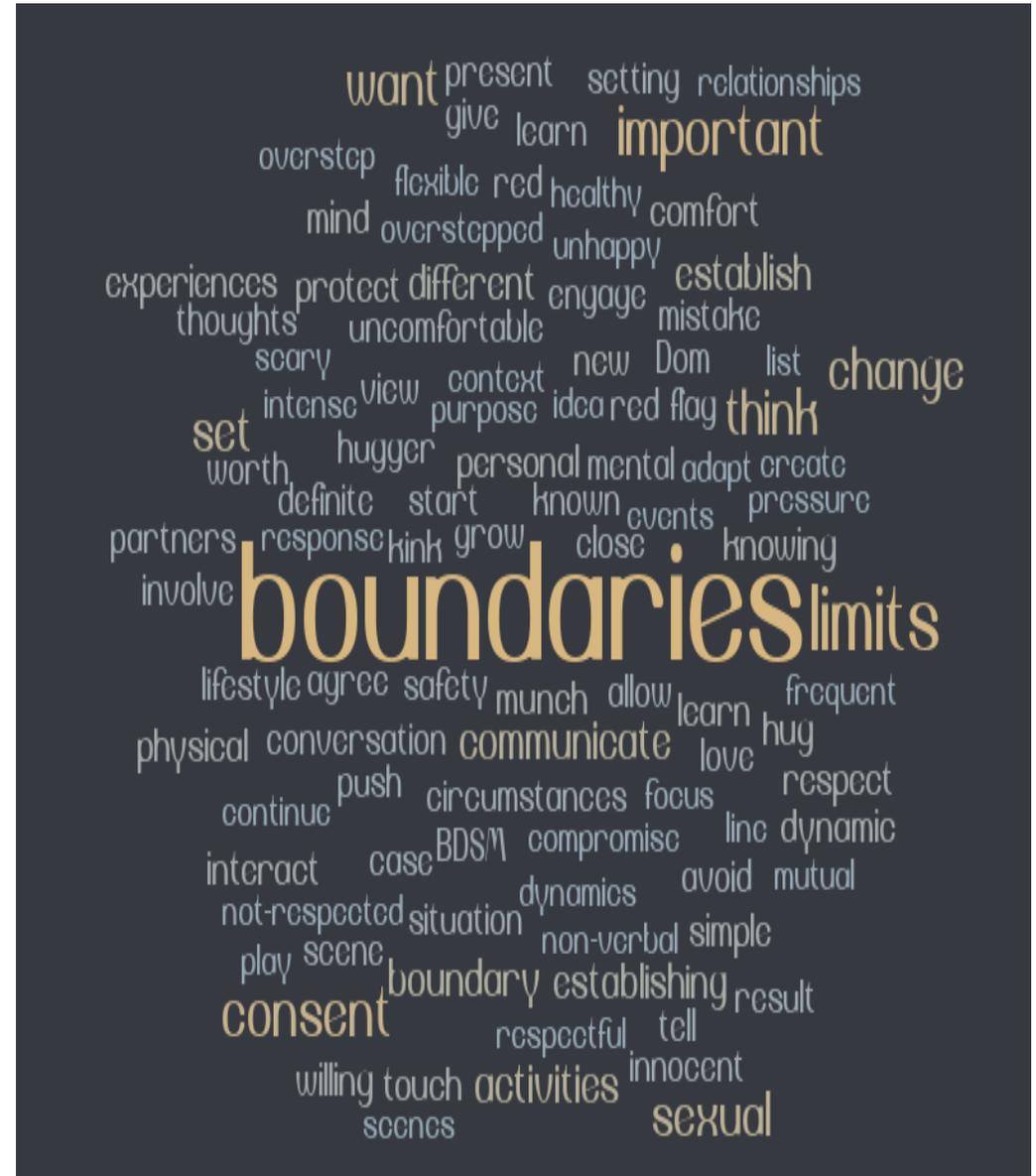
"I do not feel comfortable with..."

"I would feel more comfortable if..."

"I feel like that is too much for me at the moment, I need more time for myself"



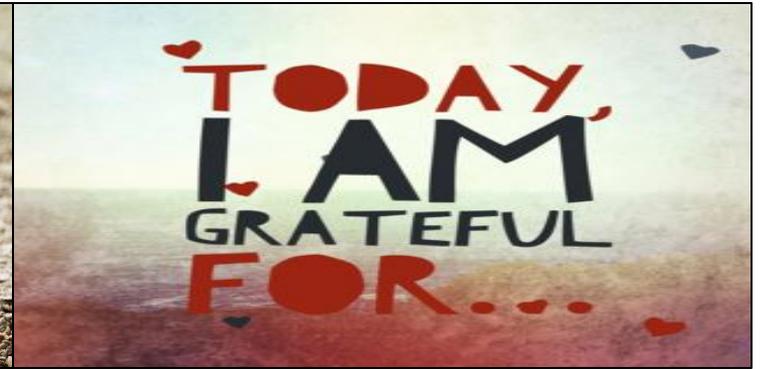
Your response: tone of your voice and body language can make a difference in the outcome of your conversation.





Loss + Stress + Anxiety

- Feelings of stress and anxiety of getting the virus and being sick.
- Anxiety produced by wearing masks, going shopping or interacting with the public.
- Stress of always being extra vigilant.
- Feelings of being highly stressed working from home:
 - Managing school –age children’s academic requirements. Getting them online via Google Classroom, learning, projects, homework, helping them focus on their work, etc.
- Feeling stressed and anxious resulting from economic factors:
 - Closing or downsizing of businesses.
 - Insufficient income to pay bills or the fear of eviction.
- Loss, stress, anxiety experienced by children and teens :
 - The closing, hybrid model or opening of schools, online learning.
 - Changes in routine and in social life.



Self-Care Strategies Can Promote Physical, Psychological and Emotional Wellness

- Take deep breathes.
- Focus on things that you can control.
- Listen to music or read.
- Focus your thoughts on the present.
- Go for a walk, be outside.
- Enjoy time with your pet.
- Look for opportunities to laugh.
- Stay active.
- Practice positive self-talk, celebrate daily successes.
- Be selective about using social media.
- Connect with family, friends and loved ones.

What are some ways you can **IMPROVE** this week?

Start with one and see how you feel.

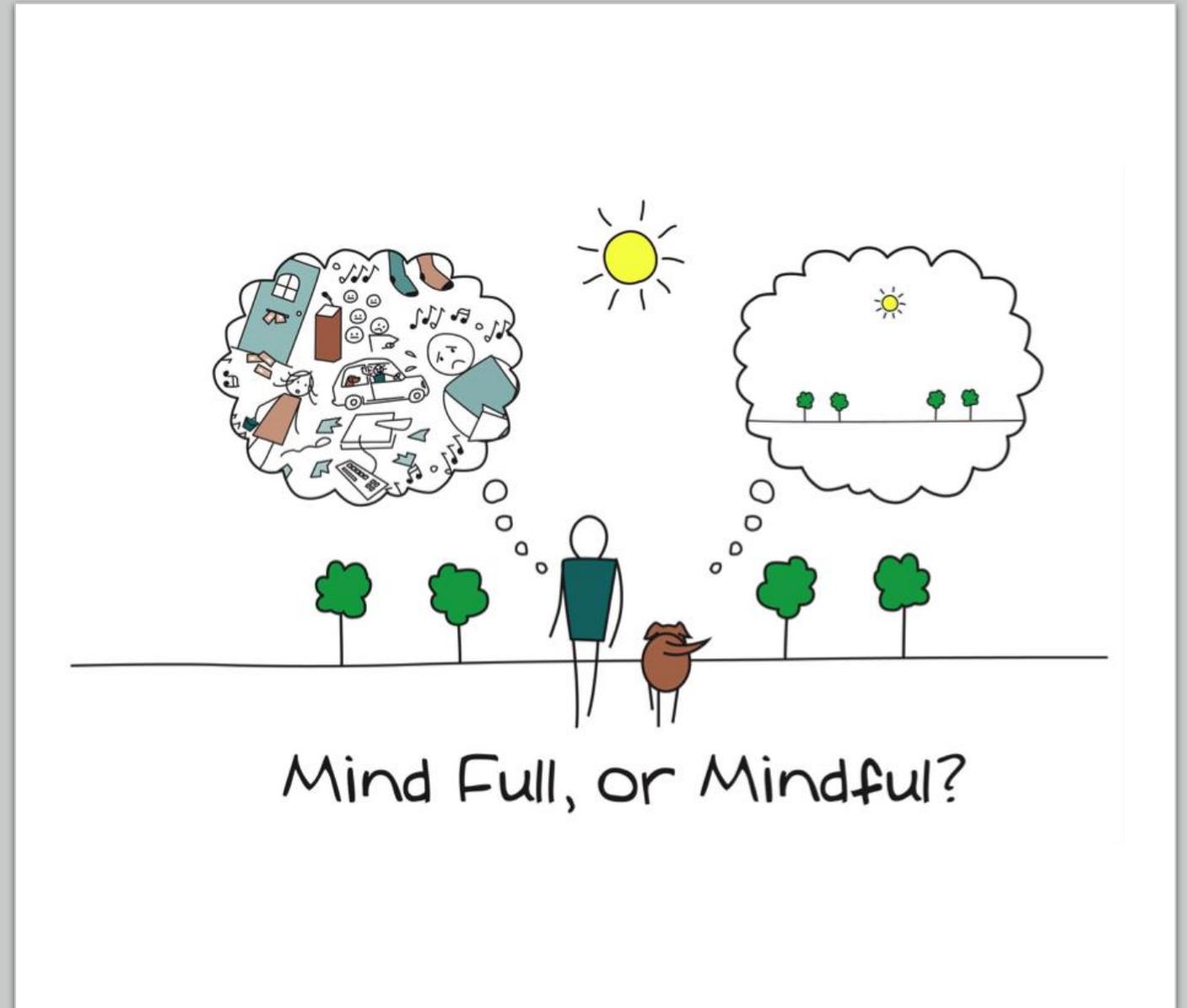
Distress Tolerance: Improve

I	Imagine. Do a guided meditation. Imagine a safe space. Visualize things going well and a positive outcome.
M	Meaning. What are you learning? How is this experience helping you grow? What positives can come from what you're going through?
P	Pause. Give yourself a few moments to take a deep breath. Get in touch with yourself. Pray or meditate.
R	Relax your muscles. Pay attention to where you're holding tension. Unclench your jaw. Give yourself a massage, yoga, or a bath.
O	One thing at a time. Stay in the present. Focus on what's in front of you. Organize your tasks and start from the top.
V	Vacation. Take a break. Do something that releases your tension. Stand up and shake it off. Take 15 minutes for you.
E	Encouragement. Practice positive self-talk. Be kind to yourself. Tell yourself that you're doing an awesome job. Be your cheerleader.

BlessingManifesting

MINDFULNESS

- Consistently practicing mindfulness can help aide us with transitions, help us cope and regulate our emotions.
- It helps us savor moments, time, and experiences!
- Anything can be done "mindfully", and some techniques can bring us to the present.



***Mindfulness
Meditation***



Benefits of Mindfulness

Studies suggest that mindfulness may have therapeutic benefits for the following conditions:

- Chronic pain
- Depression and anxiety
- Eating disorders
- Relapse prevention in substance abuse

Observing thoughts in the present moment can help individuals to recognize a distinction between themselves and their thoughts. Mindfulness may also:

- Increase immune system function
- Increase quality of attention
- Heighten feelings of empathy
- Increase ability to tolerate discomfort



The Power of Compassion

- Don't forget about yourself.
- Countless moments of feeling unanchored, strange, or making mistakes.
- It's okay to show your humanity.



**Be kind to
yourself.
You're doing
the best
you can**



Heart Meditation



Heart Meditation Drawing

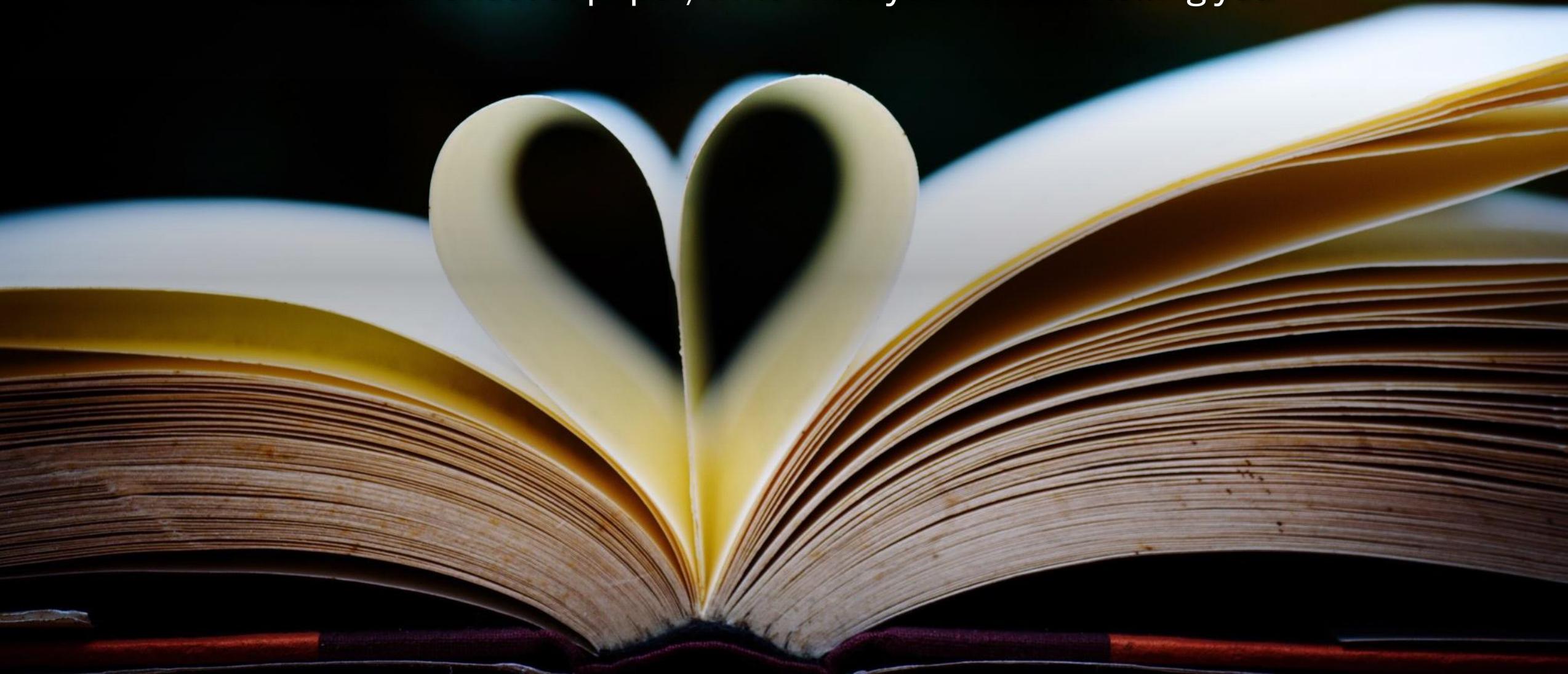
- Draw a heart on your paper
- Think about what's in your heart

Fill with images, symbols,
colors, and words to
represent your thoughts and
feelings

*It's okay to go outside of
the lines.*

Reflective Writing

On another sheet of paper, write what your heart is telling you

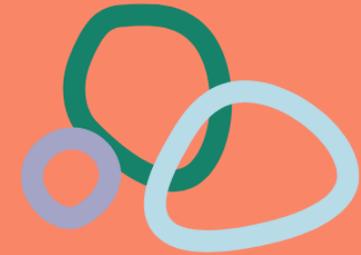


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- ReverCare. (n.d.). *20 Positive Short Affirmations for Caregivers to Motivate and Boost Confidence*. www.revercare.com. Retrieved September 7, 2021, from <https://www.revercare.com/post/20-positive-short-affirmations-for-caregivers-to-motivate-and-boost-confidence>.

Groups for Mental Health Consumers

CONSUMER TUESDAYS & THURSDAYS



Supportive spaces where those who receive mental health services can:

- connect with others in a friendly, casual atmosphere
- discuss any concerns about the COVID-19 pandemic
- engage in self-care activities

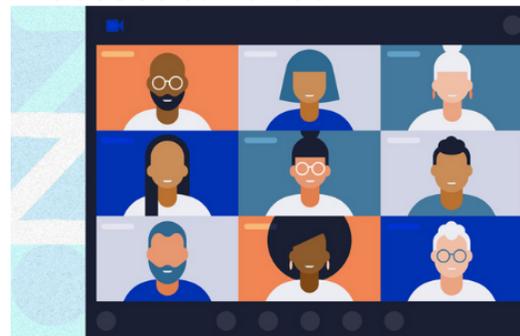
**Join us on Zoom every Tuesday
4:30PM - 5:30PM**

Link: <https://zoom.us/j/94720468733?pwd=dXhKaUFTT1BlcTFnVkRRMFZzdFhlQT09>

OR Dial in: 1-929-205-6099

Meeting ID: 947 2046 8733

Passcode: 732335



**Join us In-Person every
Thursday from 6:30PM - 8PM**

inside the *Mental Health Association* building located at **33 South Fullerton Avenue, Montclair, NJ 07042**

**Vaccination is required for this indoor group. Please wear a mask and show vaccination card to MHA staff.*



To join our contact list and receive the latest updates, call 973-509-9777 ext. 151 or email gpalmer@mhainspire.org

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The Mental Health Association
is proud to present our



Please join us in spreading messages
of hope and kindness to one another.



To participate...

1. Find a rock or stone and paint it, thinking of a message of hope, kindness, or inspiration.
2. Place it somewhere in your community.
3. Share on social media, make sure to tag us and use #MHAINSPIRE #healing in your post!

Send images of your stones to
lstypulkoski@mhainspire.org
or reach out with any questions



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